

Distress Tolerance Pros and Cons

Example

When you have the urge for verbal retaliation:

	Pro's	Con's
Coping	<ul style="list-style-type: none">• No fight• No argument• Maintain relationship• No infraction/consequences• Learn skills/mastery of skills• Increase self-esteem• Increase hope• Gain trust of others• Move toward less restrictive or increased privileges	<ul style="list-style-type: none">• Don't get to fight or argue• Don't get to make your point• No immediate release• No instant gratification• No rush• Others won't be afraid of you
Not Coping	<ul style="list-style-type: none">• Others will leave you alone• You get instant gratification• You main gain popularity• Get the rush/feel powerful• May feel in control of situation	<ul style="list-style-type: none">• Lose self-esteem• Lose self-worth• Poor outcome/consequences• Lose motivation for treatment• May stop using skills all together/rebel• Stay at FSH longer